

Fire amid factory rescue

Herd to face Drakkar in final

As Halifax enjoys another lengthy break, their opponent for the QMJHL title has been determined

HONOURING WORKER DEATHS

HALIFAX HOLDS A DAY OF MOURNING FOR WORKERS WHO DIED ON THE JOB, **INCLUDING 32 IN NOVA** SCOTIA LAST YEAR PAGE 3





HEY METRO, YOU'RE PAYING TOO **MUCH FOR BURGERS!**

Bearly's Burger Nights

Monday & Tuesday ANY BURGER

(Taxes & Fries Included!)

WANT THE BIG BA***RD?

ADD 1 BUCK! (eat-in, with purchase of any beverage)

1269 Barrington St. • bearlys.ca

efforts

Crews in Bangladesh trying to find missing workers

Selling a taste of the student life

Dump and Run.

Annual event raises thousands of dollars for local charities

When Metro university students migrate from Halifax for the summer, they leave behind a veritable treasure trove of odds and ends.

Bargain hunters were out in full force Sunday to take advantage of the student exodus, peeling through a gymnasium stuffed with clothing and furniture, books and knick-knacks at the 11th annual Halifax Dump and Run.

Think of it as a glorified yard sale — "Halifax's biggest, you might say," says Susan Murray, co-organizer of the Dump and Run.

The event, held in Dalhousie's Studley Gymnasium, was sponsored by Saint Mary's Environmental Society and Dalhousie's Office of Sustain-

Murray, a fourth-year environmental science student at Saint Mary's, says the point of the event is to divert belongings from the landfill back into the community.

"If people put a couch outside and it rains, that's the

For the past month, the Dump and Run team has collected thousands of donations from students and the community.

"Students are such a big contributor to this because of the time of year," says Murray. "People are moving out of residence, and I feel that's when a lot of things go in the garbage."

David Holden, a second-time attendee, came to the event to find some new clothing.

"There's still quite a lot

Marx? Mac & Cheese?

"Everything that's wanted we're going to find a home for."

Susan Murray, Dump and Run co-organizer

of good clothes that students use," says Holden as he sorts through a pile of shirts. "If you were to throw everything out you'd have so much garbage."

Murray says this year's Dump and Run raised \$6,600.

The money raised will go towards a handful of charities. In the past, charities like Feed Nova Scotia, Young Naturalists Club of Nova Scotia and Alice Housing have benefitted.

CLARK JANG/FOR METRO



DON'T WAIT O SEE

Get LASIK today, take 5 years to pay.



Book a free consultation at 1-866-999-0435 or lasikmd.com



HUGE MONTH END SAVINGS!!!

RIGHT HERE RIGHT NOW!

ONLY AT: STEELE CHRYSLER AND HALIFAX CHRYSLER



GRAND CARAVAN

CANADA VALUE PKG

Includes air conditioning, power windows, power locks, heated power mirrors, remote keyless entry, & more! 36mpg highway – V6 283hp



2013 SXT 1500 QUAD CAB 4X4

CO DOWN TAY IN NO CUDDOICE

Add a Hemi Engine 55wk*
Add Rawhide Leather 57wk*
Add Outdoorsman Pkg 6512wk*

Add a Sport Package _____fr\$18wk*
Go with a Laramie ______fr\$10wk*
Step up to a Longhorn ____fr\$20wk*



GRAND CARAVAN

ULTIMATE FAMILY VALUE PKG

Includes 9" DVD entertainment system, Parkview rear back-up camera, premium interior, 2nd row super stow 'n go, trizone temperature control with rear heat & rear air conditioning, hands free connectivity with Uconnect voice command with Bluetooth, media center with 8.4" touchscreen display, 2nd row power windows, 1 Yr. Sirius satellite radio.



BEST COMPACT CAR VALUE

The 2013 Dart defies outmoded ideas of what a compact car can be. It's powerful, technologically advanced and remarkably fuel efficient delivering up to 59mpg highway!



BEST MID-SIZE CAR VALUE

BEST SPORTY CAR VALUE

Rear Trunk Spoiler, 18" Alloys, special grille & headlamp treatment, air conditioning, power windows, power locks, power mirrors, remote keylessentry & Morel!! CAR WILL BE EXACTLY AS SHOWN!



WE BUY BIG! YOU SAVE BIG!

BAYERS LAKE (by RONA) Halifax, NS PH: 482-8126 TF: 1 (877) 394-1634 www.halifaxchrysler.com 44 BEDFORD HWY

44 BEDFORD HWY Halifax, NS PH: 982-3982 TF: 1 (877) 394-2751 www.steelechrysler.com



CHRYSLER DODGE JEEP

metronews.ca Monday, April 29, 2013

Highway 101

Police chase ends with SUV crash

Four teenagers are facing charges after police deployed a spike belt to help end a car chase on Sunday morning.

On Friday, a car was

On Friday, a car was reported stolen from a Bedford house. Police say they located the car on Sunday around 3 a.m. in a parking lot off Highway 101 in Windsor.

In the same parking lot, police also spotted an SUV which was reported stolen from a Lower Sackville house a few hours earlier.

Police say after spotting the SUV, the driver allegedly rammed the vehicle into a police cruiser and made a getaway. Windsor RCMP followed

Windsor RCMP followed the SUV east along Highway 101, and the RCMP and Halifax Regional Police deployed a spike belt in Bedford. After driving over the spike belt, police say the vehicle with four teens inside eventually crashed into a sign post on Dartmouth Road. Police say the teens then fled on foot, but with the help of a police dog, all four were arrested.

Two females from Sackville, aged 13 and 15, and two males from Halifax, aged 15 and 18, are each facing multiple charges. CLARK JANG/FOR METRO

Fairview

Man stabbed in neck after complaining about noise

Police are looking for two men after someone was stabbed after complaining about the noise coming from inside a Fairview apartment.

The incident happened at about 9 p.m. Saturday in the 200 block of Main Avenue.

Police say the victim approached the suspects in the hallway by the apartment where the noise was coming from and got into a verbal confrontation.

At that point, police say, one of the suspects pulled out a knife, swung it at the victim and struck him in the neck, causing a superficial cut.

Police say the other suspect was also inadvertently cut in the forearm from the stabbing motion.

Both suspects fled the apartment and police continue to investigate. METRO



People lay wreaths outside of Province House Sunday during a ceremony to mark Day of Mourning for workers injured or killed on the job. EMILY KITAGAWA/FOR METRO

Remembering those who died on the job

Day of Mourning.Dozens attend ceremony in Halifax

EMILY KITAGAWA

As the sun cast morning shadows on Sunday, about 100 people gathered outside Province House to remember those who were injured or killed on the job.

Paulette Raymond, who lost her brother to a workplace accident, was among those who spoke at the annual Day of Mourning ceremony.

With tears in her eyes, she

recounted how her brother, Tommy Raymond, was crushed under a tractor-trailer in 2009 while working at a Halifax container pier.

"(The Day of Mourning is) an extremely sad place to come but if speaking about his death will just help one person go to work the next day and maybe work a little safer, that's my goal," said Raymond.

As Raymond spoke to the crowd, behind her 32 small Nova Scotia flags fluttered in the wind. The flags represented the 32 people who died in 2012 on the job in Nova Scotia — an increase from the 27 deaths the year before

In light of those numbers, Raymond doesn't think much

Lunenburg ceremony

In Lunenburg on Sunday, Premier Darrell Dexter spoke at another Day of Mourning ceremony at the Fisheries Museum of the Atlantic.

has changed in terms of workplace safety since her brother's death. She said her brother's old workplace has implemented a few new safety procedures, but "it doesn't make us miss him any less."

"We need to start paying attention to these deaths," she

She believes workplace safety needs to be addressed in the

school system, as kids hunt for their first part-time jobs.

"We need to reach those kids ... and have them grow up to be the adults that are in turn going to work safely and teach everyone around them to do the same"

Behind the ceremony, a construction crew and a crane were hard at work. Leonard Preyra, MLA for Halifax-Citadel and Sable Island, spoke to the crowd on behalf of Premier Darrell Dexter and remarked of the backdrop.

"It's just striking to see them
... working out here under conditions that I guess for them
would be relatively safe but to
me looks pretty dangerous," he

Court. Preliminary hearing set for man accused of confining teen



The preliminary hearing for a man accused of sexually assaulting and confining a teenage boy is set to begin Monday in Bridgewater.

David James Leblanc is facing seven charges in relation to an incident last year in Upper Chelsea, where a 16-year-old boy claimed he was held captive and sexually abused for about a week.

The hearing will determine if there is enough evidence to proceed to trial.

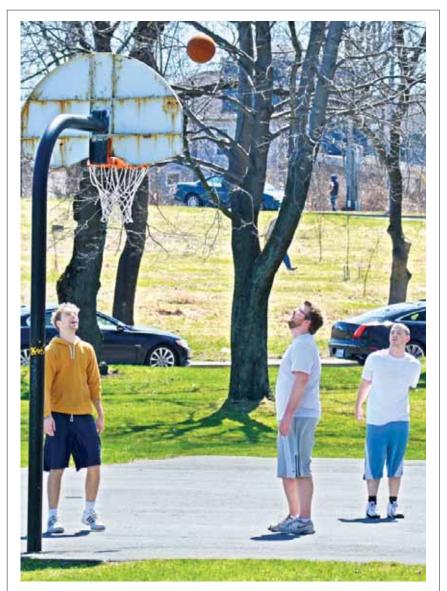
In January, defence lawyer Mike Taylor said the case could be complicated by the death of Wayne Cunningham, who was also accused in the matter.

Taylor says his client wants to be tried in Supreme Court before a judge and jury.

A police investigation began last September after a woman told police a barefoot boy, with chains around his wrists, showed up at her door asking for help.

THE CANADIAN PRESS

metr⊕ **NEWS**



Sunny days are here again

Three men take advantage of the warm weather by shooting some hoops on the Halifax Common on Sunday afternoon. Temperatures reached 14 C under sunny skies, with more of the same forecast for the rest of the

Father of Rehtaeh Parsons rejects report questioning sex-assault case

Rehtaeh Parsons' father is taking issue with a newspaper report that cites weaknesses in the case against boys her family says sexually assaulted her, writing that the Criminal Code "states pretty clearly that what happened ... is called rape."

Parsons, 17, took her own life this month. Her family alleges she was sexually assaulted by four boys in 2011 and that a digital photograph of the incident was shared around her school.

The case has garnered national and international attention, with many accusing the education and justice systems of failing the teen.

Citing information from unidentified sources close to



tigation, a National Post report says Parsons initially told police she ĥad consensual sex with two of four boys

at a party in November 2011, but was sexually assaulted by a boy.

The report says that in a second statement to police about two weeks later, Parsons said she had told the two boys "No" and tried to get them off her.

On his blog, Glen Canning says his daughter was so intoxicated at the time that she was getting sick and didn't remember clearly what had happened.

Canning says he agrees there are two sides to the story, but the fact his daughter was intoxicated changes the interpretation of what happened that night.

So in the end all we're left with is the Criminal Code of Canada that states pretty clearly that what happened to Rehtaeh Parsons is called rape," her father writes in his online post. "Even if there was consensual sex before Rehtaeh passed out and got sick, once she was in that state consent is no longer there.

THE CANADIAN PRESS

Report on snow removal offers no middle ground

Bus-shelter cleanup.

Alternatives either \$250,000 or a staggering \$5.25 million, councillor says



RUTH DAVENPORT

A report on bumping up deadlines for snow removal at HRM bus stops offers a low-budget and higher-priced option but not much in between.

The report, which is going to regional council on Tuesday, says the standard for clearing bus stops could be lowered to 48 hours from 72 hours after the snow ends, for an additional cost of about \$250,000.

Alternatively, the standard could be lowered to 12 hours after snow, for a cost of \$5.25 million.

"I'm looking for some more information," Coun. Jennifer Watts said. "Surely there's something in-between."

She said she'll be looking for information on some midOther council news

Budget nearing completion

Regional council will also begin the final round of budget deliberations on Tuesday, acting on recommendations from the audit and finance committee based on budget presentations over the past four months.

Council will debate the budget as it was presented to the committee last week, with a proposal to reduce the residential and commercial tax rates by 1.5 per cent.

The change means homeowners who haven't made improvements to their property, or purchased a new home, will see no change or a drop in their tax bill.

RUTH DAVENPORT/METRO

dle-of-the-road options, such as setting the standard at 36 hours after the snow ends.

"The report says 85 per cent of the bus stops are cleared within 36 hours, so what if we just made that the hard line. What would the budget mean then?" she said. "I don't even know if I'd want to go there, but in dense areas where there's really high user volume, would we entertain ... a 12-hour hard line?"

Watts said the report is a good first step in looking at

snow-removal standards, but added there isn't much time for discussion because council is set to discuss the 2013-14 budget during the same meet-

"It's unfortunate it's arriving on the day that we're dealing with the budget, because it doesn't leave us some opportunities to really dig around and look at some other things," she said.

Watts said whatever council can accomplish this year, more changes could be possible because of public consultations that will happen as part of Metro Transit's strategic review over the next year.

"Hopefully, we'd get lots of feedback from the public where we might even consider looking at something further,"

Transit VIPs

"Besides just enhancing the service, it's giving a strong statement that people who choose to use transit are going to have priority service."

Coun. Jennifer Watts

Herring Cove

Masked woman uses bear spray in robbery attempt

A woman used bear spray in a restaurant during a failed robbery on Saturday night, police say. Police were called to

the Hop Sing Restaurant at 324 Herring Cove Rd. after a masked woman entered and demanded money. None was given to her, and as she fled, police say she took out what was believed to be bear spray and spritzed it in the restaurant.

Police say she was a young woman who wore a black hoodie, gloves and had her face covered.

Aldersville

Man succumbs to iniuries in motorcycle crash

A 51-year-old man was killed on Sunday when his motorcycle crashed into some trees along Highway 12 in Aldersville.

Police say they received a 911 call at 12:30 p.m., indicating the man was seriously injured in the accident.

An emergency helicopter was dispatched to the area, but police say the man died of his injuries.

The cause of the crash is under investigation. THE CANADIAN PRESS

Suspected of drinking

Driver smashes into mobile home

A 19-year-old man is facing several charges, including impaired driving, after someone drove into a mobile home in Dartmouth early Sunday morning.

Police responded to reports of someone driving erratically and dangerously around Gaston Road and Lacombe Drive. When officers arrived, they found an abandoned Dodge truck with front-end damage that had run into a mobile home. There was also damage to the home, yard and driveway.

The arrested man is from the Minesville area.



ASK ABOUT OUR HYUNDAI LOYALTY OF UP TO \$1500



AS Atlantic Canada's number 1 Certified Hyundai Dealer we WANT YOUR TRADE!!
NOBODY pays YOU more for your Hyundai trade than Steele Hyundai

For the last word and your BEST deal see Steele Hyundai!

3625 Kempt Rd Halifax, Nova Scotia Phone: 902.982.3980 www.steelehyundai.com



metronews.ca Monday, April 29, 2013 metr⊕ **NEWS**

Boston. FBI investigating whether bombing suspects got training: Lawmaker

The FBI is investigating in the United States and overseas to determine whether the suspects in the Boston Marathon bombing received training that helped them carry out the attack, the chairman of the U.S. House Homeland Security Committee said on Sunday.

Rep. Michael McCaul spoke a day after U.S. officials disclosed that Russian authorities secretly recorded a telephone conversation in 2011 in which one of the two brothers suspected in the attack, Tamerlan Tsarnaev, vaguely discussed jihad with his mother.

The father of the Tsarnaev brothers, meanwhile, said from Russia on Sunday that he is postponing a trip to the U.S. because of poor health.

Tsarnaev, 26, died in a police shootout. His younger brother, 19-year-old Dzho-



nzor Tsarnaev, the father of the two Boston bombing suspects, postponed his trip to the U.S. Sunday because of poor health. THE ASSOCIATED PRESS

khar, is charged with setting off the shrapnel-packed pressure-cooker bombs near the finish line of the Boston Marathon on April 15. Three people were killed and more than 260 were injured.

THE ASSOCIATED PRESS

2 officers shot outside Italian PM's office

Target. Shooting comes as Italy's new government is sworn in

An unemployed bricklayer shot two Italian policemen in a crowded square outside the prime minister's office in Rome on Sunday just as Italy's new government was being sworn in, investigators said.

The gunman's intended target was politicians, but none were in the square so he shot at the Carabinieri paramilitary police, Rome Prosecutor Pierfilippo Laviani told reporters, citing what he said were the suspect's own words.

Mired in recession and suffering from soaring unemployment, Italy has been in political paralysis since an inconclusive February election. Social and political tensions

have been running high among voters divided between centreleft, conservative and anti-government political parties.

Sunday was supposed to be a hopeful day when the debtridden nation finally got a new government to solve its many problems. But shots rang out in Piazza Colonna near a busy shopping and strolling area shortly after 11:30 a.m., just as Prime Minister Enrico Letta and his new ministers were taking their oaths at the Quirinal presidential office about a kilometre away.

The shooting panicked tourists and locals in the square, whose centrepiece is a towering second-century ancient Roman column honouring Emperor Marcus Aurelius. Rome was packed Sunday with people enjoying the last day of a four-day weekend.

THE ASSOCIATED PRESS



nen were shot and wounded in the crowded square outside the prime

ne. Alessandra taran



Building explosion kills at least three in France

A possible gas explosion ripped off the side of a five-storey residential building in France's Champagne country on Sunday, killing at least three people and injuring 14 others, officials said. More than 100 rescue workers, firefighters, sniffer-dog squads and bomb-and-gas experts were deployed to the gutted building in a subsidized-housing complex in the city of Reims, east of Paris, officials said. JACQUES BRINON/THE ASSOCIATED PRESS

Federal government. Prison interview with **Khadr overruled by Toews**

A federal cabinet minister rejected a request for a prison interview with former Guantanamo Bay detainee Omar Khadr even though the warden gave it a green light — a move some are denouncing as extraordinary political interference.

Documents obtained by The Canadian Press under the Access to Information Act show the warden of Millhaven Institution, where Khadr is in maximum security, approved the interview request made by the news agency in January, only to be overruled.

The refusal came from the office of Public Safety Minister Vic Toews to Correctional Service Canada, records show.

THE CANADIAN PRESS

realstar management

it's your home



Cunard Court

2065 Brunswick St, Halifax 1 BR & 2 BR 1-888-649-3721

Spring Garden

5770 Spring Garden, Halifax Bachelor, 1 BR 1-877-637-4813

Stonecrest Village

Harbour Ridge

1 BR & 2 BR

80 Chipstone Close, Clayton Park 2 BR & 2 BR Large 1-888-459-3108

1663 Brunswick St, Halifax

Bedford Heights

Ask about our

rental incentives

40 Bedros Lane, Halifax 2 BR & 2 BR Large 1-877-895-1821

MacDonald Apartments

5885 Cunard St, Halifax 1 BR & 2 BR 1-877-648-7936

1881 Brunswick St, Halifax Halifax 1 & 2 BR, 2 BR Penthouse **Apartments** 1-888-904-1275

Daily Open House!

realstar.ca

Prison sentences

Eight convicted on terror-related charges in Saudi Arabia

A Saudi court has convicted eight men on terrorismrelated charges, including plotting attacks on an oil refinery, the official Saudi

news agency says.

The defendants, seven Saudis and one Yemeni, were given prison sentences ranging from four months to eight years.

The Saudi Press Agency reported Sunday that all eight were barred from travelling abroad for at least one year after their release.

Saudi Arabia runs a rehabilitation program that aims to dissuade militants from fighting alongside al-

An audio recording released this month by al-Qaida in the Arabian Peninsula urged Saudis to revolt against the kingdom for allowing U.S. drones to launch missions from its soil and strike militants in neighbouring Yemen.

THE ASSOCIATED PRESS



One and Two Bedroom Apartments from \$900/Month.

Includes infloor heating, h/w, balcony, 6 appliances.

Occupancy NOW to September 1st. ONE MONTH FREE RENT

5 corners near downtown. Model suite. Harbourvista Apts.

222 Portland St 809-2221 www.harbourvista.ca

NEED MONEY?

✓ No credit checks ✓ Fast approvals

And get cash now!! www.mynextpay.ca metronews.ca
Monday, April 29, 2013

NEWS
07



Dozens of people were at South Korea's Busan train station Friday to greet visiting Korean War veterans including Canadian John Stuber, who received a hug from Pastor Won Seong-Jae

It was an emotional roller-coaster for 36 Canadian veterans visiting Korea this past week to commemorate 60 years since they voluntarily went to war to defend the South Korean people. One moment they were on a tour bus singing a traditional Korean song just as they did 60 years ago. The next, they were wiping tears at the gravesite of fallen comrades.

Yet what remained constant throughout the five-day trip was the utmost gratitude and respect the Korean people have for the Canadian forces who served there.

The Korean government once again invited and covered the majority of the cost to host them for a

Honouring our heroes

John Stuber, now
83, placed flowers on
the gravesite of his
fallen comrade Pvt.
James Ouelette, who
died as Stuber carried him
over his shoulders towards
safety following an ambush
in 1951. But "on the way
down he died on my back."
Stuber was only 21.

revisit program, which saw veterans returning to former battlegrounds and memorials dispersed throughout the country. From Day 1 Korean youth donning light blue vests tended to their every need, whether it was pushing them in wheelchairs or rushing toward them to help them disembark the bus.

To put it simply, they were treated like royalty.

That gratitude extended to the general public as well. Dozens of Korean youth waving flags and saying a collective "thank you" surprised the veterans in a touching welcoming on Friday at the train station in Busan.

The delegation travelled to the port city on their final day of the program to the United Nations Memorial Cemetery, which is the final resting ground for 375 Canadians who fought in the Korean War.

JOE LOFARO/METRO

Algeria. President's mini-stroke could mean wide open elections

The mini-stroke suffered by Algeria's president has cast fresh doubt on his perceived ambition to run for a fourth term next year as leader of one of Africa's largest and richest countries.

The possibility that President Abdelaziz Bouteflika, 76, could step down might open up Algeria's longstagnant politics.

Bouteflika on Saturday had a brief blockage of a cerebral blood vessel known as a transient ischemic attack, which authorities said he quickly recovered from and had no lasting complications.

Bouteflika was elected in 1999 to a country that had been savaged by years of civil war with Islamists. He is widely credited with ending the war and putting the country back on its feet, aided by soaring energy prices.

THE ASSOCIATED PRESS

Syria. Alleged chemical use fits pattern of slow introduction, experts say

The instances in which chemical weapons are alleged to have been used in Syria were purportedly small in scale.

That raises the question of who would stand to gain as President Bashar Assad's regime and the opposition trade blame for the alleged attacks. Analysts say the regime has a pattern of gradually introducing a weapon to the conflict to test the international community's response.

Syria's government says opposition fighters have used chemical agents in a bid to frame it. But using chemical weapons to try to force foreign intervention would be a huge gamble and would undoubtedly taint the rebellion in the eyes of the internation-



al community and seriously strain its credibility.

THE ASSOCIATED PRESS

Syria. ENN/THE ASSOCIATED PRESS

Mali crisis

Dozens of French forces leave Timbuktu for Gao

Dozens of French forces have left the northern Malian town of Timbuktu several months after their military operation largely ousted radical Islamic fighters from the area, a French military official said Sunday.

The reallocation of

The reallocation of 100 French soldiers to the town of Gao will pose a critical test as to whether Malian soldiers and their counterparts from neighbouring nations will be able to maintain security in the area.

THE ASSOCIATED PRESS

Israel

Ex-president's prison hit by fire

A fire erupted Sunday at the prison where former Israeli president Moshe Katsav is serving time, but he was not among the 11 people who suffered light injuries, authorities said.

Police spokeswoman Luba Samri said seven jailers, a prisoner and three firefighters suffered smoke inhalation, but the ex-president was not hurt.

Katsav was Israel's president from 2000 to 2007. He has been serving a seven-year sentence since 2011 after being convicted of rape and other charges.

THE ASSOCIATED PRESS





Celebrate Compost Awareness Week



Join HRM Solid Waste Resources at the Alderney Landing Farmers' Market on May 4th. We're giving away seeds and drawing for a kitchen composted. Let's feed the soil and turn peels into petals. For more information, call 902-490-7153 or email WasteLess@Halifax.ca. PutWasteInItsPlace.ca

metronews.ca Monday, April 29, 2013

Owner of collapsed factory caught trying to flee Bangladesh

Garment plant tragedy.

Fugitive businessman captured in border town, meanwhile rescue efforts halted after fire breaks out in rubble

The fugitive owner of an illegally constructed building that collapsed and killed at least 377 people was captured by commandos as he tried to flee into India.

At the disaster site, meanwhile, fire broke out in the rubble and forced authorities to suspend the search for survivors temporarily.

Mohammed Sohel Rana was arrested Sunday in the western border town of Benapole, said Jahangir Kabir Nanak, junior minister for local government.

Rana was brought back

by helicopter to the capital of Dhaka where he faced charges of negligence. Rana's capture was announced by loudspeaker at the disaster site, drawing cheers and applause from those awaiting the outcome of a continuing search-and-rescue operation for survivors of Wednesday's collapse.

Many of those killed worked at clothing factories in the building, known as the Rana Plaza. The collapse was the deadliest disaster to hit the garment industry in Bangladesh that is worth \$20 billion annually, supplies global retailers and is a mainstay of the economy.

The fire that broke out late Sunday night sent smoke pouring from the piles of shattered concrete and halted some of the rescue efforts — including a bid to free a woman who was found trapped in the rubble.

THE ASSOCIATED PRESS



Ask the Experts

Selling Your Gold Jewellery... But at What Cost?

This Ask the Experts segment will focus on what is a fair cost is for selling your gold and silver.

Consumers are used to paying a price for 'convenience'. Buying a litre of milk at the corner store usually comes with a cost for convenience. But would you buy all your groceries at there just because it was convenient? Not likely. So using that

because it was convenient? Not likely. So using that same logic, you wouldn't walk into any place and sell your unwanted gold and silver items, would you?

Just turn on the radio or open your local paper and you're bombarded by companies screaming "TURN YOUR GOLD INTO CASH!" Amazingly, they all claim to pay "TOP DOLLAR". For all their flashy ads, these antique roadshows and coin collector companies are right about one thing - the skyrocketing price of gold has people wondering how much their gold is really worth.

Recycle Frog, an Ottawa-based gold and silver buyer, was founded by ex-Royal Canadian Mint employees. Their business is built on providing a new way to sell unwanted gold and silver jewellery without fear of being financially penalized.

Convenience shouldn't have to come at a hefty cost. Instead of penalizing their customers, Recycle Frog provides a convenient and financially rewarding way for consumers to sell their old gold and silver with payouts consistently 15-20% higher than the industry average.

Their customers appreciate the way they're treated from the time they call, right through to the friendly face they see during their expert material evaluation. It's that familiar and professional experience that really sets Recycle Frog apart from their 'competition'.

Attracting a new type of consumer required the creation of a new business model build on integrity, transparency and convenience. So that's exactly what Recycle Frog did.

For more information or to schedule an expert evaluation at their Terrace Professional Centre offices on the Bedford Highway, please call 902.405.4114 or visit recyclefrog.com to find out about their public events.

If you've ever wondered how much that old or broken

gold jewellery is really worth, then check out Recycle Frog.

You'll be glad you did.



101-647 Bedford Hwy. | Halifax, NS | B3M 0A5 | 902.405.4114 | recyclefrog.com

metronews.ca
Monday, April 29, 2013

BUSINESS 09

Who's the space cadet on the new \$5 bill?

Funny money. Dextre, Canada's extraterrestrial robotic go-to guy, rockets to fame on plastic notes — leaving focus groups scratching their heads

The Bank of Canada is set to unveil its latest plastic bank notes this week — but documents show some people found one of the new bills too "cartoonish" and the other too old-fashioned.

Focus groups consulted about the proposed images for the new bank-note series thought the space motif of the new \$5 bill looked childish.

"There is a perception that the note looks 'cartoonish' or too child-like," says a 2009 report commissioned by the bank from The Strategic Counsel, obtained by The Canadian Press under the Access to Information Act.



The Canadian Space Agency's robotic handyman, known as Dextre, ferries cargo to the International Space Station in this February 2011 file photo. NASA/THE CANADIAN PRESS FILE

Others were left scratching their heads over the depiction of Dextre, a Canadian robotic handyman on board the International Space Station. Some people wrongly assumed Dextre was the name of an astronaut shown on the bill, while others had no clue who the name referred to.

But if some people were stumped by the \$5 bill, others complained the train on the new \$10s looked too quaint.

THE CANDIAN PRESS

Food safety. Beef industry to propose using irradiation

Canada's beef industry is about to ask the federal government to approve the use of irradiation in meat-processing plants to kill dangerous E. coli bacteria in a full range of meat products.

The Canadian Cattlemen's Association says it is updating an application that was first made to Health Canada in 1998 for ground beef, but was turned down because of public concerns. Irradiation involves bombarding meat with radiant energy similar to X-rays.

"Food irradiation is likely the most effective intervention remaining that we don't already use. And when you add irradiation, on top of the existing food safety system, we could essentially eliminate E-coli-related illness from beef products," said Mark Klassen, the association's director of technical services.

"Our proposal now is saying we would like to get permission to irradiate any kind of beef."



steaks are displayed at a grocery store in this file photo. Canada's beef industry is about to ask the federal government to approve the use of irradiation in meat-

Virtual currency

Bitcoin dealers navigate unknown financial waters

Canadians buying and selling an emerging digital currency are running afoul of established banks and operating in uncharted territory for financial regulators. "The Canadian government doesn't know what a Bitcoin is, doesn't recognize the Bitcoin, and there's no regulatory agency that knows what a Bitcoin is," said Joseph David, the owner of VirtEx.

His Calgary-based website lets Canadians trade Bitcoins through an online market similar to a stock exchange. The company is one of several Bitcoin dealers struggling to navigate financial regulations that don't account for virtual currencies.

THE CANADIAN PRESS

Trade

U.S. border fee not going to happen, congressman says

A U.S. congressman says Canadians should not be overly concerned about a proposed border-crossing fee, saying it just isn't going to happen. Democratic representative Brian Higgins, from Buffalo, N.Y., told CTV's Question Period on



Sunday that he has a lot of allies in the U.S. Congress who will stop any legislation that includes a fee.

THE CANADIAN PRESS



RBC Insurance

RBC Simplified Life Insurance. At simply the lowest prices ever.



Introducing Family Friendly Pricing™ on life insurance.

With RBC Simplified Term Life Insurance all you have to do is go online, call or visit us and answer 10 easy questions to apply for coverage of up to \$500,000. There's no need for a medical examination'. Plus, you'll get our lowest prices ever. After all, protecting your family shouldn't cost you too much time or money.

Apply online at rbcinsurance.com/familypricing or call 1-888-528-5507, or visit an RBC Insurance store

At 50 Tacoma Drive off of Gordon Avenue, Dartmouth

At 287 Lacewood Drive near Dunbrack Street, Halifax

Insurance advice for your life™

I HOME I AUTO I LIFE I HEALTH I TRAVEL I BUSINESS I RETIREMENT I



®/Tm Trademark(s) of Royal Bank of Canada. Used under licence. This offer is only available to residents of Canada. Premium rates are the same or lower than previously offered by RBC. Premium rates may be subject to change. *Depending on how you answer the health and lifestyle questions a tele-underwriter may contact you and they may request a blood, urine or weight and blood pressure test. We will send a nurse to a location of your choice to complete these tests. Exclusions and limitations apply. For complete details, see a sample policy at rbcinsurance.com/lifeinsurance/simplified-term-life-insurance.



metr⊕ **VOICES**

MACINTOSH CASE NEEDS INQUIRY

So federal Justice Minister Rob Nicholson isn't the tiniest bit curious/concerned/appalled about what went wrong, and why, and what needs to be done to make sure it

doesn't happen again.

Last week, the Supreme Court of Canada threw out Fenwick MacIntosh's 2011 conviction on 18 charges of sexual assault and gross indecency, not because he didn't do terrible deeds to at least four boys back in Port Hawkesbury in the 1970s, but because the federal justice department, Canada Customs, Passport Canada, the Department of Foreign Affairs, the RCMP and Nova Scotia's Public Prosecution Service botched his case so badly that MacIntosh's rights had been violated beyond the possibility of a fair

The minister sees no need for a public inquiry.

After the boys came forward with their allegations as



Stephen Kimber halifax@metronews.ca

adults in the 1990s, the RCMP investigated. Officers laid charges in December 1995. By then, however, MacIntosh had left Canada for a job in India.

It took the Mounties a full year and a half to alert Canada Customs to watch for him. It took another year for Nova Scotia's prosecution service to ask Ottawa to ask Îndia to send him home to Canada for trial. And then another five years — yes, five, count 'em! — for Ottawa to prepare the extradition request. And — hold it, we're not even half done yet — another three years for Ottawa to deliver the request to New Delhi.

During this time, MacIntosh, a known fugitive from Canadian justice, got his passport renewed twice. When Passport Canada turned down one application, MacIntosh appealed.

Passport Canada didn't show up at the hearing; a federal court judge "temporarily" overturned its decision.

What went wrong? It would be helpful to know

Rob Nicholson doesn't believe there are any lessons to be learned from a full public airing of how this travesty of justice happened?

Passport Canada apparently never followed up. In fact, MacIntosh travelled back and forth between India and Canada on at least three occasions without even being questioned by authorities.

And yet, Rob Nicholson doesn't believe there are any lessons to be learned from a full public airing of how this travesty of justice happened?

Nova Scotia Premier Darrell Dexter has promised an eyes wide open" inquiry into the province's role in all of this, which is welcome.

But given all of the federal agencies involved, it isn't nearly good enough.

ZOOM

Half military, half citizenry



Pyongyang crowd picture wins award

"In Pyongyang, half the people I saw were army men, the other half were civilians." These words by Ilya Pitalev are perfectly illustrated by his shot of soldiers and citizens in Kim Il-sung Stadium. Pitalev won the current affairs category at this year's Sony World Photography awards for his images of North Korea. METRO

Q and A

A microcosm of North Korea



ILYA PITALEV Photographer for RIA Novosti news agency, 42. from Moscov

How did you capture this striking juxtaposition? The shot was taken inside

Kim Il-sung Stadium. When the crowds first caught my eye, I could simply make out a geometric line dividing the people in two. There and then, I didn't think it was some profound or philosophical photograph — above all, it was a good, visual shot. But then after some time, I began to understand that the image

reveals something about the country and its society.

What would you tell the world about North Korea? That people there have their own celebrations in life and can find happiness. But they exist in a separate world, difficult for understanding from outside the

Clickbait

OK, it's time to mix up the 24-hour news updates, sports highlights and celebrity gossip that flood your Twitter feed, and incorporate some nonsensical, but punny accounts that pack their 140-character posts with something to snicker about.



@Pundamentalism:

With puns such as, "Damn girl, you must be an English teacher, because when you're around I'm careful with the use of my colon," and, "If Satan loses his hair, there'll be Hell toupée," and other updates that vary between LQTMS and LOL, for example, "Thank-you for calling the Chronic Indecisiveness helpline. Please select one of the following 15 options," there isn't room for the mundane.

@SixthFormPoet:

If you can relate to self-deprecating humour with some intermittent cheesiness spliced into the mix, the Sixth Form Poet is just for you. With gems like, "'I'll have what she's having.' - Me, watching a woman having a nervous breakdown," and "Never Eat Stolen Wheat.' - Moral compass," it's no wonder there is an entire book composed of these jokes.

@GSElevator:

This over-heard-in the Goldman Sachs' elevator account is a cross between the like-This over-neard-in the Goldman Sachs elevator account is a cross between the like-ly and the too-good-to-be-true. Employees are encouraged to email awkward mo-ments. Here's one glimpse into the lives of the one per cent: "#1: Spent last night pouring champagne, feeding her dessert, & telling stories of my trip to Bhutan. I've never been to Bhutan." No need to envy the proverbial fly on the wall.

Don Cherry said the men's lockerroom is no place for a woman during his weekly Coach's Corner segment on Hockey Night in Canada Saturday night while discussing the controversy around Chicago Blackhawks defenceman **Duncan Keith (whose comments** to a female reporter have been called sexist).

Naturally, fans took to Twitter to comment. What's your stance? Let @metropicks know.

@therealmcguirkk: don cherry bang on with his comments last night... imagine a male reporter in a female changeroom with naked women..oh

the atrocity #feminazi

@Jare_Bear16: Rons face when don says women shouldnt be in the chanaeroom.. lmao

@mrcanadiantech: Looks like Don Cherry said something again, but I have to agree with him on this one.

VE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Halifax Philip Croucher • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Regional Sales Director, Metro Eastern Canada Dianne Curran • Distribution Manager April Doucette • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS B3K 085 • Telephone: 902-444-4444 • Fax: 902-422-5610 • Advertising: 902-421-5824 • adinfohalifax@metronews.ca • Distribution: halifax_distribution@metronews.ca • News tips: halifax@metronews.ca • Letters to the Editor: halifaxletters@metronews.ca

metronews.ca Monday, April 29, 2013 **SCENE**

TV Briefs

Two and a Half Men losing cast?

CBS announced on Twitter last Friday that it's bringing Two and a Half Men back next season, but didn't address whether the full cast would return. The series stars Ashton Kutcher, Jon Cryer and Angus T. Jones as Cryer's son. Jones' character is serving in the Army this season and has been somewhat less visible on Two and a Half Men.

THE ASSOCIATED PRESS



NBC renews five dramas

Television producer Dick Wolf will be busy next year. NBC said Friday that it has renewed five of its dramas for next season. Two of them — the longrunning Law & Order: Special Victims Unit and Chicago Fire — are made by Wolf and his team. Revolution, Parenthood and Grimm were also given the guarantee that they will go on for another year.

THE ASSOCIATED PRESS



Who's afraid of a big, bad show?

Panic Button. New series pits people against their primal fears — and the only prize is bragging rights

What is your deepest, darkest innermost fear?

Participants come face-toface with what scares them most in Panic Button, which premieres Tuesday at 10 p.m. ET on Space.

Volunteers are outfitted in red jumpsuits and helmets and invited to wander through a Big-Brother-style house of horrors in an environment that is Saw scary. Besides all manner of psychological terror, including being blindfolded, confined in tight spaces and wading through muck, they also have to endure live snakes, spiders and

It all takes place in what was — appropriately enough - once a slaughterhouse in Toronto's West End.

This too-much-reality series features many slasher film motifs. Stark white rooms the wall above the entranceway give way to darkened, creepy corridors littered with hoses, wires and ankle-deep swill. At one point, players are confined in a standup metal booth the size of a coffin, which is then pushed through a wall of flames.

That's the easy part. Then the critters are unleashed. In some episodes, even Dober-

"This is psychotic," says one woman who braved her way to level three.

A disclaimer at the end tells viewers that "No harm was done to any animal" during the course of production. But what about the humans?

Players are given red, lit panic buttons they wear on their suits and can push the second it all gets too intense. The surprise in the pilot is who slaps theirs first and who holds out until the bitter end.

Women, reports fellow producer Kevin Healey (Scare Tactics), are more likely to be brave and proceed farther into the maze. Men are generally fraidy cats. "Guys are falling like fall leaves," says Healey.



metre 12 SCENE metronews.ca Monday, April 29, 2013

Braff project Kickstarted. \$2m for Garden State sequel reached with ease

Zach Braff has met his goal on Kickstarter, raising \$2 million in three days to fund his follow-up to Garden State.

The actor-director's crowdfunding campaign follows Rob Thomas' wildly successful use of Kickstarter to finance a movie of the defunct TV series Veronica Mars. Thomas pulled in \$2 million in less than a day, eventually gathering more than \$5.7 million in 30 days.

Box office

Iron Man 3 conquers world

Iron Man 3 made a colossal overseas debut that overshadows a sleepy pre-summer weekend at the domestic box office. The superhero sequel starring Robert Downey Jr. earned \$195.3 million in 42 overseas markets.

THE ASSOCIATED PRESS

But some observers have criticized Hollywood stars for using the Kickstarter website to dip into the pockets of their loyal fans. Braff has said this is the only way for him to direct his first film since Garden State with final cut and

his desired casting.

After passing his goal Saturday, the Scrubs star said on Twitter: "I will not let you down. Let's go make a killer movie." THE ASSOCIATED PRESS

19 years missing

Stolen Pulp Fiction car found

Authorities say the classic convertible featured in the film Pulp Fiction has been found nearly two decades after it was stolen. Film director Quentin Tarantino's 1964 Chevelle Malibu was recovered in the San Francisco Bay area last week.

THE ASSOCIATED PRESS

Navajo the chosen one for new Star Wars dubbing treatment

Boost for ailing language. Native American tongue will receive much-needed attention as it's rarely used in the movies

The classic 1977 film that launched a science fiction empire and revealed the force within a farm boy who battles evil has been dubbed in Japanese, French, Spanish and about a dozen other languages. Add Navajo to the list.

Manuelito Wheeler, the director of the Navajo Nation Museum who reached out to Lucasfilm Ltd. with the idea, has a very good feeling about this. He sees it as entertaining, educational and a way to preserve the Navajo language at a time when fewer tribal members are speaking it.

"That's the beauty of what we're doing; we're teaching



Navajo language to anybody who wants to learn the Navajo language," Wheeler said. "I find that very rewarding and somewhat ironic. We went from a country that wanted to limit our language, to the Navajo language saving our country through Code Talkers, to our

language being part of a major motion picture."

Aboriginal languages on the big screen are a rarity. Independent films and documentaries at film festivals have been in the tongue of American Indian tribes. Yet it's far less common to see it done in mainstream movies and shown in commercial theatres.

A team of five Navajo speakers spent 36 hours translating the script for Star Wars Episode IV: A New Hope, and now they're looking for fluent Navajo speakers to fill some two dozen roles. The ASSOCIATED PRESS



Help choose the mascot for the TORONTO 2015 Games!















LEAD PARTNER

FUNDING PARTIES







Scan Here for a behind the scenes video!



VOTE NOW. VOTE DAILY.
April 22-May 5
TORONTO2015mascot.ca

No purchase necessary. Public voting opens on April 22, 2013 at 9:00am ET and closes on May 5, 2013 at 11:59pm ET. One vote per day. Number of eligible votes received will be considered with other criteria by TO2015 to determine winner.

metronews.ca Monday, April 29, 2013



Bieber and Gomez continue to play up their reconciliation

In what has to be the surest sign yet that Justin Bieber and Selena Gomez have rekindled their romance, the Canadian pop star posted a photo to Instagram over the weekend of himself hunched shirtless over his laptop with a squinty-eyed Gomez cosying up behind him, arms around his midsection.

And the caption his chose

for the revealing photo he shared?

"'You've been makin' music for too long, babe. Come cuddle' — her."

And there's further speculation about just how long they've been back together, as the picture was taken before Bieber acquired the tiger tattoo on his bicep he debuted last week.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McGowan is letting her hairstyle go to her head



THE WORD Dorothy Robinson scene@metronews.c

The newly platinum blonde actress Rose McGowan says her look is giving her a toughness she didn't have before.

"Part of (going blonde) is because I've been told (brunettes) look accessible and pleasing to the men in L.A. so as not to scare them. But then I realized I always scare them so f— it — I'm



just going to do whatever I want and I've always wanted short platinum blonde hair so screw it....The men in Hollywood aren't men—they're guys like (whispers) Judd Apatow."

McGowan says this last part while making a face to suggest that Apatow doesn't chop his own wood, and adds, "Real men are hard to come by."

McGowan is so fierce during our recent interview on the Rooftop Terrace at Gramercy Park Hotel, it is hard to believe that the whole point in her talking to me is to promote the limited edition rose wine, Apothic Rose.

"I only drink Rosé, isn't that funny?" she says in a way that makes me feel it isn't contractually obligated. "I like it ghetto style — I usually pop an ice cube in it to chill it and take the sweetness out of it."

If you can't tell by now, McGowan isn't afraid to let loose on the current battle of the sexes in Hollywood.

"It's all frat guys; they condone sexism. The execs and the agents. They are people who went to law school and it wasn't sexy enough ... It's not like they want to be a part of great film making or anything," she said.



Martha Stewart finds online dating to be half baked

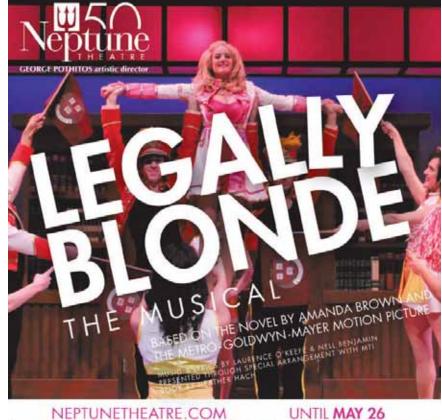
Martha Stewart once turned to online dating site Match. com to help her find a boyfriend — but she couldn't go through with it.

"I started laughing halfway down the page," she tells Matt Lauer in an interview. "It was, like, impossible."

But Stewart insists, at least, that if she does go through with an online dating profile, she wouldn't hide her identity.

"I want to do my real thing," she says.







Drunk Mom tells painful story

As the mother of a newborn, Jowita Bydlowska justified her drinking as research for a novel about alcoholism. The final result? A memoir about her own struggles with addiction.

Drunk Mom (Random House, \$22.95) is an agonizing catalogue of Bydlowska's drunken parenting failures, filled with excruciating details like the fact that she kept a secret stash of bottles in her son's sock drawer.

"I'm told that I have a dark sense of humour," says Bydlowska. "I don't know if I did it consciously, but you need a bit of relief.

She also writes with piercing honesty about using Google to determine if her breast milk was safe to drink, hiding bottles of vodka in her son's stroller and fighting with her partner, author and newspaper columnist Russell Smith.

After three and a half years of sobriety, Bydlowska had a drink at a friend's wedding in Warsaw before she knew she was pregnant.

She relapsed into fullblown alcoholism with a glass of champagne following the birth of her son.

She does wonder about what her son will think when he reads the book. "I certainly have this idea of him being a 13- or 14-yearold and throwing it at the wall," she says.

"My hope is that he'll read it with an open mind and an open heart. It's a memoir, but it's also a form of (making) amends.'

THE CANADIAN PRESS

Exclusively online

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/



What to expect when you're expecting after the age of 35

Pregnancy.

Dr. Glade Curtis is a national authority on pregnancy. Now he turns his knowledge to the mid-30s set

NATALIE SHURE

tro World News in New York City

As author of 18 books on women's and baby's health, Dr. Glade Curtis is a national authority on pregnancy.

A newly revised edition of Your Pregnancy: After 35 is the latest addition to the authoritative Your Pregnancy: Week by Week series, co-authored by consumer and family studies expert Judith Schuler.

The updates are geared toward an ever-increasing proportion of women who choose to have children in their mid-30s and beyond.

What did you consider when updating this book?

I think it's critical, when people

want information about their and genetic counseling.

What are the best parts about pregnancy at this age?

They're more informed, and they're more aware of potential risks and problems. They have taken good care of themselves - if you compare that to an 18-year-old who wasn't trying to get pregnant, then it becomes clear that we don't need to be scared to death of these

What do women find most useful about this book?

The most important thing is being armed with accurate information so that when they visit their doctors they can ask the appropriate questions. The other thing is reassurance. For any woman and any couple, being pregnant is scary — the

health and pregnancy, that the information is up-to-date. I looked at every part of it to add new information, including how the science has changed. I think one of the more exciting areas for this population of pregnant women is the things we're learning about genetics

> book reassures women that these are normal things that

What are some of the field's most important new medical

are happening.

One of the most exciting advan-

ces is all that has happened in ultrasound technology. Ultrasound has gotten so good, there are so many things we can do to evaluate the baby and help with the pregnancy.

What should expectant

couples keep in mind during a pregnancy?

I think it's always important to remember to enjoy the miracle of birth. So, make sure you enjoy the excitement, the fun and the miracle of having a









Live Below the Line challenges people to live under the poverty line for five days, and to buy all the food and drink needed to survive during that time with just \$8.75 a week or roughly \$1.75 a day. Here are some recipes to help you take the challenge.

In the kitchen and below the line

SZYDLO

What do celebrities like Ben Affleck, Hugh Jackman, Canadian actor Ennis Esmer, Osman 'Oz' Bey of CTV's The Listener and Carrie-Lynn Neals of CityTv's Seed have in common with thousands of Canadians and Americans?

They're all taking part in the Live Below the Line challenge, during which participants spend just \$8.75 a week or roughly \$1.75 per day (\$1.50 in the United States) on all daily food and drink from today to May 3.

The \$1.75 per day mark is the Canadian equivalent of the poverty line and the goal of this challenge is to begin a national dialogue to change the way Canadians think about the choices made every day by those living in extreme poverty.

In addition to raising awareness by partaking in the challenge, Canadians are raising funds for four partner organ-

- 100 g linguine
- 1/2 Italian sausage, casing removed
- 1 white mushroom, halved and sliced
- 1 tbsp tomato paste
- Pinch of dried oregano

izations: Cuso International, Spread the Net, RESULTS Canada and Raising the Village.

"Living on \$1.75 per day is not about pretending to be poor," says Erin Deviney, Canadian campaign manager of Live Below the Line.

"It's about raising awareness of the difficult choices 1.4 billion people must make to survive each day and supporting partner organizations directly combating extreme poverty."

Chef John Placko of Modern Culinary Academy, one of Canada's top culinary consultants, and Christina Frantzis, a food stylist and recipe developer, have created recipes to help



Canadians with the challenge.

Linguine with Sausage and **Mushroom Ragout**

1. Fill a medium-sized pot with water and bring to boil. Cook pasta according to package instructions then drain.

- **2.** Add sausage to small pan and break it up while sauteing over medium heat until almost no pink remains.
- 3. Slice mushroom and add to a pan. Cook over moderate heat until softened.
- 4. Stir in tomato paste and reserved cooking water into sausage mixture and simmer until reduced by half.
- **5.** Add oregano and spoon sauce over pasta and enjoy. CHRISTINA FRANTZIS, FOOD STYLIST AND

Healthy eating

Choose it and lose it



ROSE REISMAN

Don't be fooled by some key words when ordering pizza.

Mrs. Vanelli's Roasted vegetable Pesto Pizza (2 slices)

1200 calories/ 66 g fat

Vegetarian doesn't mean healthy. There's garlic spread and pesto, which are oil based, adding to the higher calories and fat. You're consuming three quarters of your daily calories and half your daily fat.

Equivalent

Two slices of Mrs. Vanelli's Roasted Vegetable Pesto Pizza are equal in fat to 11 McCain's Deep 'n' Delicious Three-Cheese Mini



Mrs. Vanelli's Hawaiian Pizza (2 slices)

860 calories/26 g fat

If you choose this pizza made with ham and cheese, you will save about 350 calories and 40

Caramelized Onion & Potato Frittata



1. Heat oil in a non-stick pan on medium heat and add the

- **2.** Stir with a wooden spoon while cooking for 8 to 10 minutes until golden brown.
- **3.** Drain the cooked potato and add to the pan. Combine potato and onions.
- 4. Add beaten and seasoned eggs to the pan and stir with the onions and potatoes until the eggs begin to set. Leave eggs to cook and firm up 2 minutes. Place the pan under a broiler/ grill for 2 minutes.
- 5. Use spatula to loosen omelettes and slide onto plate. CHEF JOHN PLACKO, CULINARY DIREC-TOR AT MODERN CULINARY ACADEMY

Ingredients

- 1 tbsp of vegetable oil
- 1/2 of an onion, sliced thinly 1 small potato, diced small (1/4 inch), cooked in salted water
- 2 eggs, beaten
- Salt and pepper



- Over 75 camps to choose from!
- Options for ages 4-17
- Daily swim & lunch included for most camps
- Free early drop-off and late pick-up available

REGISTER ONLINE OR CALL DALPLEX TODAY!

WWW.DaL.ca/caMPS · 494-3372



metre work/EDUCATION metronews.ca Monday, April 29, 2013

Y we could use some boomer wisdom

Take me to your senior. Learning from our elder leaders will only serve to benefit future business

YLVA VAN BUUREN

The knowledge gap in the corporate world will widen if retiring baby boomers continue to do little to mentor younger

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



It is imperative that Gen Ys recognize the contribution of boomers, and by doing so they will hopefully pave the way

workers, says Donna Stevenson, a business coach and recruiter who's studied the issue.

Stevenson surveyed 100 senior leaders and human resource managers across the country who told her baby boomers are reluctant to share their workplace expertise.

"This failure to pass on the torch will leave wastelands of organizational know-how as 50 per cent of baby boomers prepare to retire over the next seven years."

Since many senior management positions are held by boomers, and since the next group, known as Generation X (those born in the early '60s to early '80s), is too small to pick up the slack, it will be left to Generation Y (those born after the early '80s to 2000s) to do so.

"I was under the impression Generation Y didn't want to learn and that's not true at all," says Stevenson. "They want to move ahead. What we're pitching is the need for organizations to have a leadership legacy."

Her research also found that less than 25 per cent of companies have succession planning in place.

The whys and the hows

Why are boomers less inclined to help younger workers? Here are four reasons that Stevenson's research identified, as well as how Gen Ys can overcome them and get a boomer boss to share their workplace expertise.

- Boomers fear not being needed anymore. Stevenson recommends younger employees use their technology related skills as bait. "Find boomers who are in roles you'd like and offer to help them learn social media skills, even if it's so they can communicate with their grandkids."
- Boomers lack the time and resources to mentor. Stevenson says what they're really saying is they don't know how to mentor. As a Gen Y employee trying to overcome this, get involved in a work project that will have a significant influence over the organization. By

participating you're bound to at least pick up pointers from senior staff and perhaps even plant the seed for a mentoring relationship.

- There's no mentoring motivation within the organization. Gen Y subordinates should be more flexible in being available for senior leaders, says Burlingtonbased recruiter Claire Gibson. Try to find projects that you can collaborate on. Again, use your digital skills to turn boomers' heads.
- There's no one in the organization worth mentoring. This probably points to organizations that have poor mentoring cultures. Gen Y workers should try to find organizations that foster senior leaders who coach and guide. Ask during the interview process how the organization cultivates its mentors, says Gibson.



JOB FAIR: CCA's, PCW's, LPN's and RN's

Northwood is one of Eastern Canada's largest and most innovative providers of services to older adults. We are looking for caring, compassionate staff interested in working as part of an interdisciplinary team at our long term care facilities in Halifax and Bedford. Positions are also available for qualified Home Support Workers (CCA or Nova Scotia Provincial HSW Certificate) in multiple locations within HRM and West Hants.

We offer **full and part-time positions** with guaranteed hours, competitive wages & benefits, and educational opportunities.

A representative from our Recruitment Team will available to talk about employment opportunities. Come see us!

Dates & Times

Thursday May 2nd, 11am-4pm The Community Room- Sobeys, 2651 Windsor Street

For more information or to apply today call (902) 454-3369 or email us at hr@nwood.ns.ca

Northwood is proud to be an inclusive employer who encourages diverse applicants.

I was matched to this job by a machine?

Aggregator agitation.

An applicant tracking system may be rushing through your resumé, but there are ways to slow the system down

JANE BORDEN

Metro World News in New Yor

The job application process is shifting due to applicant tracking systems, which are online resumé aggregators that many nonprofit and corporate entities are using to weed through candidates. Trudy Steinfeld, assistant vice president and executive director of the NYU Wasserman Center for Career Development, helps you navigate the new system:

Talk to the robots (mostly)

Do: Maximize keyword searching

"Say they're looking for a candidate who's detailed, can communicate and is a good editor," Steinfeld says. "When they get



resumés, they'll search the system for those keywords. If you don't have those words on your resumé, even if those skills are displayed differently, your resumé is likely not to be identified."

Don't: Go overboard

"I recently heard an interesting story: There were 10 openings in this company and one person's resumé was identified with every keyword search, though the jobs were completely different. The candidate included keywords for every job, made the text white [so it was disguised] and put the resumé over [that text]. They tossed the resumé when they learned of the stunt.

Numbers game

Quantify your results

 "If you've worked on a project and there are quantifiable results, provide the numbers," she says. "Employers are into analytics; having an actual measure of your success can really help.

Old is new: Send a fax

"Especially when applying to small organizations, fax your resumé. Most offices still have a machine and — guess what? - it never rings," Steinfeld says. "I've noticed that in my own office, when the fax machine rings, people wonder, 'What could that be?' It could be your resumé. It sounds crazy, but the reality is, I test this out all the time with employers and they say, 'Yeah, if get a resumé over the fax machine, I'm curious.' Say, 'I also sent this online, but I wanted to make sure it got into your metronews.ca Monday, April 29, 2013 **SPORTS**

Gymnastics

Local gymnast **Black dominant** in Slovenia

It was a golden weekend for Halifax gymnast Ellie Black — again and again and again.

Black, 17, competed this weekend at the Salamun Memorial 2013 World Challenge Cup in Slovenia and finished first on vault, first on beam, tied for first on floor and fifth on bars.

Black won the gold in vault Saturday, posting a score of 14.337.

On Sunday, she scored 14.250 to finish first on balance beam and then tied Hungray's Noemi Marka for first on floor with a score of 13.250.

Black is one of Canada's top female gymnasts and competed at the 2012 London Ölympics. METRO



Hockey

Canada tops U.S. to capture under-18 title

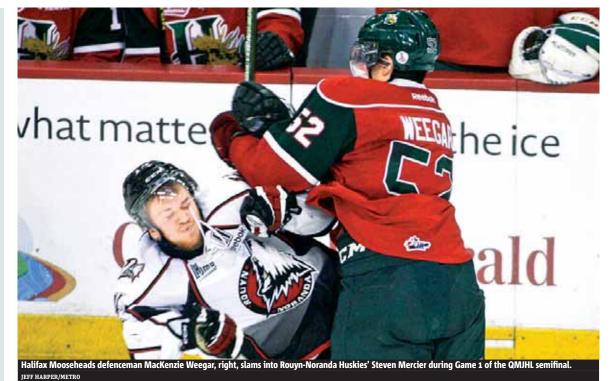
Canada ended four years of American dominance at the world under-18 men's hockey championship on Sunday in Sochi, Russia.

Frederik Gauthier's second-period goal stood as the winner as Canada rallied past the United States 3-2 to win the world title.

The Americans had a 2-1 lead at the midway point of the game and outshot the Canadians for all three periods 35-12.

Laurent Dauphin and Madison Bowey also scored for Canada, while Nick Baptiste had a pair of

Connor Clifton and Mike McCarron gave the United States a 2-1 lead midway through the second period. THE CANADIAN PRESS



Moose getting plenty playoff rest

Off days. Halifax stays focused between series through practices, meetings: Coach



CROUCHER

Here's an interesting statistic: The Halifax Mooseheads have enjoyed more time waiting to play opponents in this year's playoffs then actually playing them.

Think about it: Sweeps in each of the first three rounds lasting all of six days apiece, totalling 18 days.

"We are not thinking about that. We are preparing for Friday night."

Mooseheads coach Dominique Ducharme on the possibility of his team finishing the QMJHL playoffs a perfect 16-0.

Then there is the rest period. After the first round, eight days off. Round 2, a nine-day break. And now, as they gear up for Game 1 of the QMJHL final at the Metro Centre on Friday, the Mooseheads are in the midst of a seven-day layoff.

All told, 24 days away from the grind that is playoff hock-

"It's good at this time of the year to get some time off," said Mooseheads coach Dominique Ducharme. "It allows the guys to rest and deal with the little injuries and soreness or whatever. It's good for that. And mentally, it's good to have that time away ... and to come back hungry for the next round."

That hunger was shown in Round 3 as Halifax swept a very talented Rouyn-Noranda Huskies squad, a series that ended last Thursday when the

Mooseheads recorded a 9-6 road win.

Unlike Saint John in Round and Gatineau in Round 2, Halifax faced more adversity against Rouyn-Noranda, but always found a way to win. That included coming back from two goals down in Game 2 then watching a second-period lead slip away in Game 4, only to turn things up a notch and put the Huskies away.

"In the semifinals, there are four good teams and you have to expect games to get closer,' Ducharme said.

"It was a good series, we were happy to win it," he added. "We did in four. And I think it prepares us for the

MJHL playoffs. Moose to face Drakkar in final

The Halifax Mooseheads will face the Baie-Comeau Drakkar for the QMJHL title

The Drakkar finished off the Blainville-Boisbriand Armada 4-0 on the road Sunday night to take the other bestof-seven semifinal series 4-2.

Gabryel Paquin-Boudreau, Alexandre Ranger, Valentin Zykov and Felix Girard scored for the Drakkar, while Philippe Cadorette stopped 24 shots for the shutout.

The Mooseheads and Drakkar finished one-two in the QMJHL standings, with Halifax recording 14 more wins and 27 more points.

The series will go with a 2-2-1-1-1 format, with Halifax hosting games 1 and 2 at the Metro Centre Friday and Saturday at 7 p.m.

Tickets for both games go on sale to the general public Tuesday at 10 a.m. at the Ticket Atlantic Box Office, select Superstore outlets, ticketatlantic.com or by phone at 451-1221.

PHILIP CROUCHER/METRO

The clubs met twice in the regular season, with Halifax winning both times. The Mooseheads beat the Drakkar 6-4 on home ice Nov. 21 and won 3-1 in Baie-Comeau on Feb. 1.



metr⊕ **SPORTS**

Sens slide into lucky No. 7 seed

NHL. Ottawa leapfrogs New York Islanders in East and draws Montreal in first round

Ottawa Senators forward Daniel Alfredsson said he's always wanted to face the Montreal Canadiens in the playoffs.

Or was he just trying to avoid the top-seeded Pittsburgh Penguins?

"We talked about mostly finishing better than last year," Alfredsson said after the Senators beat Boston 4-2 in the NHL's rescheduled regularseason finale on Sunday night to earn the No. 7 seed in the Eastern Conference.

"We were eighth last year, so to win here the last game and finish seventh, it feels really good. We improved on last year, and that's what we

Jean-Gabriel Pageau scored the tiebreaking goal with 3:34 to play, and Kyle Turris added an empty-netter to help Ottawa win the game that was originally scheduled for April

15, the day of the Boston Marathon bombings.

It was the only NHL game on Sunday, the rest of the league having wrapped up the regular season by Saturday.

The victory pushed the Sen-ators past the New York Islanders and into seventh in the East, helping them avoid the Penguins in the first round.

Ottawa opens the series in Montreal on Thursday.

The Islanders will face Pittsburgh in the first round. The Bruins could have won the Northeast Division and earned a No. 2 seed with a win, but they finished fourth in the East and will play Toronto in the first round starting Wednesday in Boston.

Robin Lehner stopped 34 shots for the Senators, who had not beaten Boston in their previous 14 tries.

Tuukka Rask made 18 saves for Boston, which had won two straight division titles.

Pageau also assisted on Erik Condra's goal that made it 1-0 with three minutes left in the first period. Jared Cowen scored midway through the second to give Ottawa a 2-0

But the Bruins scored twice on Rich Peverley's goal with 3.4 seconds left in the second period and again on Dennis Seidenberg's goal just 14 seconds into the third.

THE ASSOCIATED PRESS



Ottawa Senators defenceman Erik Karlsson holds off Chris Kelly of the Boston Bruins while carrying the puck on Sunday in Boston. The Sens won

Ailing Lakers bow out in Game 4

Tony Parker scored 23 points, and the San Antonio Spurs completed their first-round sweep of the injury-plagued Los Angeles Lakers with a 103-82 victory in Game 4 on Sunday night.

Tim Duncan had 11 points and six rebounds for the second-seeded Spurs, who will face the winner of Denver's series with Golden State in the second round. They'll get plenty of rest after flattening the Lakers, who finished without three regular starters in their first opening-round exit since 2007.

In his final game before unrestricted free agency, Dwight Howard scored seven points before getting ejected early in the third quarter for arguing.
Pau Gasol had 16 points

for the Lakers, who were swept from the post-season for the second time in three years despite a late courtside appearance by Kobe Bryant on crutches. THE ASSOCIATED PRESS

MLB

Boston New York

Raltimore

Kansas City Detroit Minnesota

Chicago Cleveland

Texas Oakland

Seattle Los Angeles

Houston Sunday's results

N.Y. Yankees 3 Toronto 2 Boston 6 Houston 1

Kansas City 9 Cleveland 0 Oakland 9 Baltimore 8 (10)

Cleveland 10 Kansas City 3

Seattle 2 L.A. Angels 1 Detroit 8 Atlanta 3

All times Fastern

titte 3-1), 7:05 p.m.

(Davis 2-1), 8:10 p.m.

Tampa Bay 8 Chicago White Sox 3 Minnesota 5 Texas 0

EAST DIVISION

CENTRAL DIVISION

WEST DIVISION

AMERICAN LEAGUE

Pct .720 .625 .600 .480 .346 GB -2½ 3 6 9½

Pct .591 .565 .524 .417 .409

.640 .538 .407 .375 2½ 6 6½ 9

MLB. Bronx Bombers bring out broom on Jays

The last time R.A. Dickey had been on a pitcher's mound in New York, Mets fans showered him with affection in September after he became the team's first 20-game winner in more than two decades.

When he returned Sunday with the last-place Toronto Blue Jays, he left dejected.

"Obviously I wish for a better result," he said after giving up a pair of home runs to the New York Yankees, who beat him 3-2 to complete a fourgame sweep of the no-longerfancied Blue Jays.

Dealt to Toronto after going 20-3 and winning the NL Cy Young Award, Dickey (2-4) already has lost more games this year than in all of 2012. The 38-year-old allowed three runs and four hits in seven innings, with four strikeouts and a walk. He's been slowed by soreness in his neck and back.

Toronto (9-17) was swept in a four-game series in which it led every game for the first time since Sept. 19-21, 1995, at old Yankee Stadium. The Blue Jays were 4-for-24 with runners in scoring position in the series and struck out 37 times, including 13 Sunday.

You want me to go out there and hit or something?" manager John Gibbons said. "I



rounds the bases after his home run off Blue Jays pitcher R.A. Dickey on Sunday in New York. GETTY IMAGES

couldn't hit when I played." Half of New York's hits on Sunday were homers.

Brennan Boesch sent a drive into the first row of the rightfield seats in the second inning. After Toronto took a 2-1 lead against Phil Hughes on Lind's RBI single in the fourth and Izturis' run-scoring double off the base of the right-field wall in the sixth, the Yankees overcame a deficit for the fourth straight day when Lyle Overbay hit a two-run homer in the seventh. THE ASSOCIATED PRESS

NHL

"The Bell Centre is one of the most exciting build-

ings to play in. It's a great hockey town as well."

Senators captain Daniel Alfredsson on Ottawa opening its first-round

Stars fill GM role with Nill: Source

The Dallas Stars have chosen Jim Nill to replace fired general manager Joe Nieuwendyk, a person familiar with the decision told The Associated Press.

The person spoke on condition of anonymity Sunday night because the move hadn't been announced.

Dallas fired Nieuwendyk on Sunday after four seasons with two coaches and no playoff appearances. The Stars finished their season 22-22-4 Saturday without earning a spot in the playoffs for the fifth season in a row.

Nill has helped the Detroit Red Wings extend their post-season streak to 22 straight appearances. He was Detroit's assistant general manager for 15 seasons and has worked for the franchise's front office since 1994.

The Stars have scheduled a news conference for Monday to announce their new general manager. The team has refused to comment on reports that Nill would be Nieuwendyk's replacement.

THE ASSOCIATED PRESS

NBA PLAYOFFS CONFERENCE **QUARTER-FINALS**

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE MIAMI (1) VS MILWAUKEE (8)

(Miami wins series 4-0)

Sunday's result

Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)

(New York Leads 3-1)

Sunday's result

Boston 97 New York 90 (OT) INDIANA (3) VS ATLANTA (6)

(Indiana leads series 2-1)

Monday's game

Indiana at Atlanta, 7:30 p.m.

BROOKLYN (4) VS CHICAGO (5)

(Chicago leads series 3-1)

Monday's game

Chicago at Brooklyn, 7 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8) (Oklahoma City leads series 3-0)

Monday's game

Oklahoma City at Houston, 9:30 p.m. SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio wins series 4-0) Sunday's result

San Antonio 103 L A Lakers 82

DENVER (3) VS GOLDEN STATE (6)

(Golden State leads series 2-1)

Sunday's result

Denver at Golden State

L.A. CLIPPERS (4) VS MEMPHIS (5)

(Tie 2-2)

Tuesday's game

Memphis at L.A. Clippers, 10:30 p.m.

EASTERN CONFERENCE

GΡ	VV	L	OIL	SL GF	GA	Pt
48	36	12	0	0 165	119	72
48	29	14	3	2 149	126	63
n48	27	18	3	0 149	130	57
48	28	14	3	3 131	109	62
48	26	17	0	5 145	133	57
48	26	18	0	4 130	112	56
48	25	17	2	4 116	104	56
48	24	17	4	3 139	139	55
48	24	21	0	3 128	144	51
48	23	22	1	2 133	141	49
48	19	19	3	7 112	129	48
48	21	21	2	4 125	143	48
48	19	25	3	1 128	160	42
48	18	26	1	3 148	150	40
48	15	27	5	1 112	171	36
	48 48 48 48 48 48 48 48 48 48 48 48 48 4	48 36 48 29 n48 27 48 28 48 26 48 25 48 24 48 23 48 19 48 21 48 19 48 18	48 36 12 48 29 14 48 29 14 48 28 14 48 26 17 48 26 18 48 25 17 48 24 21 48 23 22 48 19 19 48 21 21 48 18 25 27 48 18 25 27	48 36 12 0 48 29 14 3 48 28 14 3 48 28 14 7 48 26 18 0 48 26 18 0 48 25 17 2 48 24 17 0 48 23 22 1 48 19 19 3 48 21 21 2 48 19 19 3 48 21 21 2 48 19 25 3 48 18 26 1	48 36 12 0 0 165 48 29 14 3 2 149 48 27 18 3 0 149 48 28 14 3 3 31 48 26 17 0 5 145 48 26 18 0 4 130 48 25 17 2 4 116 48 24 17 4 3 139 48 24 21 0 3 128 48 24 22 1 2 3 128 48 19 19 3 7 112 48 21 12 2 4 125 48 19 25 3 1 128 48 19 25 3 1 128	48 36 12 0 0 165 119 48 29 14 3 2 149 126 48 27 18 3 0 149 126 48 28 14 3 3 131 109 48 28 14 3 3 131 109 48 26 17 0 5 145 133 48 25 17 2 4 116 104 48 24 17 4 3 139 139 48 24 21 0 3 128 144 48 23 22 1 2 133 141 48 19 19 3 7 112 129 48 21 21 2 4 125 143 48 19 25 3 7 112 148 48 19 25 3 1 128 160

WESTERN CONFERENCE									
	GP	W	L	0TL	SL	. GF	GA	Pt	
dx-Chicago	48	36	7	0	5	155	102	77	
dx-Anaheim	48	30	12	3	3	140	118	66	
dx-Vancouver	48	26	15	1	6	127	121	59	
x-St. Louis	48	29	17	1	1	129	115	60	
x-Los Angeles	48	27	16	1	4	133	118	59	
x-San Jose	48	25	16	3	4	124	116	57	
x-Detroit	48	24	16	3	5	124	115	56	
x-Minnesota	48	26	19	1	2	122	127	55	
Columbus	48	24	17	3	4	120	119	55	
Phoenix	48	21	18	3	6	125	131	51	
Dallas	48	22	22	3	1	130	142	48	
Edmonton	48	19	22	4	3	125	134	45	
Calgary	48	19	25	1	3	128	160	42	
Nashville	48	16	23	3	6	111	139	41	
Colorado	48	16	25	5	2	116	152	39	
x - clinched playoff berth; y - division; z - conference.									

Sunday's result Ottawa 4 Boston 2

Saturday's results NY Rangers 4 New Jersey 0

Philadelphia 2 Ottawa 1 Washington 3 Boston 2 (OT) Detroit 3 Dallas 0

Montreal 4 Toronto 1 Florida 5 Tampa Bay 3 Columbus 3 Nashville 1 Pittsburgh 8 Carolina 3 Minnesota 3 Colorado 1 St. Louis 3 Chicago 1 Edmonton 7 Vancouver 2

Phoenix 5 Anaheim 3

Los Angeles 3 San Jose 2

L.A. Angels (Hanson 2-1) at Oakland

Houston (Harrell 2-2) at N.Y. Yankees (Pet-

Minnesota (Pelfrey 2-2) at Detroit (Scherzer 2-0), 7:08 p.m.

Cleveland (Jimenez 0-2) at Kansas City

(Straily 1-0), 10:05 p.m.
Baltimore (Britton 0-0) at Seattle (Saunders 1-3), 10:10 p.m

NATIONAL LEAGUE

Sunday's results
Miami 6 Chicago Cubs 4
Philadelphia 5 N.Y. Mets 1
Cincinnati 5 Washington 2
Pittsburgh 9 St. Louis 0
L.A. Dodgers 2 Milwaukee 0
Arizona 4 Colorado 2
San Diego 6 San Francisco 4

20

23

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

Υ Aries

March 21 - April 20

It's not like you to be so openly affectionate but someone seems to have fired up your passion. Whatever the reason for the sudden upsurge of loving feelings it's something you should do more often.

Taurus April 21 - May 21

There are so many wonderful aspects operating in your favor now that all things are possible. Wishes you made in the past that came to nothing WILL come true this week.

II Gemini May 22 - June 21

If you need to give your self-confidence a boost ask a friend what they think of your latest creative project. Most likely they will praise it to the skies and your ego will go through the roof too.

9 Cancer

June 22 - July 23

What a loved one tells you today may be interesting but you would be wise not to take it too seriously. It could be that they have been mislead, so check the facts carefully.

Ω Leo

July 24 - Aug. 23

You could meet someone interesting today, but only if you make the effort to get out and about. You could also be the beneficiary of a stroke of good fortune you probably don't deserve.

M Virgo Aug. 24 - Sept. 23

If you make a few small and apparently insignificant savings now you won't have to make so many major sacrifices later on. As a Virgo you are supposed to be organized.

△ Libra

Sept. 24 - Oct. 23

Tell someone how you feel about them today — provided, of course, your feelings are warm and generous. Don't put it off a moment longer.

M Scorpio Oct. 24 - Nov. 22

You may want to help a colleague who clearly is in need of assistance but if you have already helped them several times in the recent past maybe you should let them suffer. It may be the only way

✓ Sagittarius Nov. 23 - Dec. 21

You are in an unusually loving mood at the moment and long may it continue. However, don't be so loving that you forget that not everyone shares your natural generosity.

17 Capricorn Dec. 22 - Jan. 20

You may be unsure of your abilities but others have faith in you and will go out of their way to show it today. If they ask you to get up in front of an audience be brave and do it.

Jan. 21 - Feb. 19

You seem to be everyone's favorite Aquarius at the moment, but don't let it lull you into a false sense of security. You still have some big issues to deal with and some big rivals to overcome.

H Pisces

Feb. 20 - March 20

The next few days are going to be very busy indeed, not only in body but in mind as well. New ideas will grab your attention and new opportunities will tempt you to try something different. So try. SALLY BROMPTON

Crossword: Canada Across and Down

31

43

57

65

Across

- Σ Σ Cosmetics 4. Tee- (Chuckle) 7. Opera singing
- style. canto 10. Tub
- 13. Texting pointof-view
- 14. Crawling plant 15. Iron's partner
- 16. 'Percent' suffix
- 17. Wetland
- 18. Triangle 20. Company name abbr.
- 21. New Brunswick's provincial
- capital 23. Headed
- 24. __ Globetrotters 25. Crunchy veggie
- 27. Canadian actor Henry of ABC's
- "Revenge" 29. Milk carton size 31. Raccoon-like
- animal 32. Dean Martin's
- nickname 33. Twirled
- 37. Pay-when-received [acronym]
- 38. House siding material, for short 40. Airport screen abbr.
- 42. Maritime workers' org.
- Excited" by 43. The Pointer Sisters 45. Overlook 47. Master of cere-

monies

ibility aids) 51. Bicycle wheel parts 52. Residential area 55. On the beach

49. Safety __ (Access-

- 57. 'Cond' completer (Excuse) 58. Telemarketing workplaces: 2 wds. 62. Thespian's verb
- 63. Garden's latticework 64. Little devil

63

- 65. Boring routine
- 66. 'Glycer' suffix 67. 'Mod' suffix
- 68. Ms. Peeples 69. Barn abode
- 70. Lettuce variety 71. Some univ. degrees

72. Axl Rose's rock gr.

Down

30

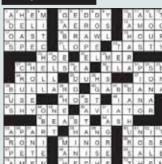
56

- 1. Annoy 2. Actress Ms. Ferrera, for short
- 3. 1993 Dan Aykroyd comedy in which he reprised his Beldar character from "Saturday Night Live'
- 4. Offshore oil platform in the Jeanne d'Arc Basin of Newfoundland's

68

- **Grand Banks** 5. The __ Brothers 6. High nest [var. sp.]
- 7. Boxing match 8. George Clooney, on TV: acr. + wd. 9. More svelte

- 10. Montreal's Place Marie
- 11. Adjust 12. Toy bear
- 19. Old Rome's 1951
- 22. Dash
- 26. WKRP employee 27. Gladiator's 301
- 28. Move quickly
- 30. __ the finish: 2
- wds. 32. Toss away
- 34. Nuclear (Generating station east of
- Toronto) 35. 1997 Peter Fonda
- title role
- 36. Rob Roy's refusals 39. Guy __ and His
- Royal Canadians 41. Answers: French
- 44. Q. "What's the 21st letter?" A. "Hmmm... either T
- 46. "Love you need." - The Beatles 48. Beetle Bailey
- creator Mr. Walker 50. North Pole's
- Ocean 51. Canadian actress
- Ms. McCarthy 52. Goes parasailing
- 53. Not-mowed grass 54. Actress Ms. White
- 56. _ _ 7 (Brit pop group) 59. Some brand name
- jeans 60. Scale with one
- sharp, _ __ 61. Box



Sudoku How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	2	8	9	6	3	3	4	5
4	3	1	2	8	5	6	7	19
5	9	6	7	4	3	8	1	2
6	8	3	5	1	7	2	9	4
9	4	5	6	2	8	7	3	1
2	1	7	4	3	9	5	8	- 6
1	5	4	8	7	2	9	6	3
3	7	2	1	9	6	4	5	8
8	6	9	3	5	4	1	2	7

7		5			3		4
	9		8	4		2	
4		9	3			5	
		6	4	9	2		
		4	7	2	1		
1			3	8			6
	7		2	6		4	
3		9			8		2

Today

Partly sunny

Tuesday



Your #1 weather forecast now available in HD. Check your local listings for details.

©The Weather Network 2013

@ The Weather HD



How do I become a Dentist?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more



*Prices exclude Freight, Taxes + Fees. Vehicles not exactly as shown. Rebates to dealer OAC.



(902) 469 9050 ddodge.com

